

### **Abstract**

The present invention relates to gun rests which are portable, lightweight and easily adjustable. The gun rests of the present invention comprise a plate wherein an opening is formed in a first end section of the plate and the plate is bent at an intermediate  
5 section such that an angle is formed between the plane formed by the first end section and the plane formed by a second end section. The opening is adapted and configured such that a shaft such as, for example, walking/wading sticks, staffs, canes and tree limbs can be inserted through the opening and the height of the gun rest above a surface can be quickly and easily adjusted. The gun rest is adapted and configured such that the forearm of a  
10 firearm may be placed on the intermediate section of the plate thereby improving the accuracy of a sportsman firing the firearm.

15

20

25

30

35